




What you get--



Chaz
 [cvillette](#)

<https://cvillette.livejournal.com/2008-03-16> 20:15:00

MOOD: 😊 pass the pizza

MUSIC: The crazy swimmers are over. We've graduated to Buffy S3

--for choosing your Sunday-night pizza-eating TV watching by surfing your friendslist, and tuning in to whatever they are watching...

is a documentary on the nutritional needs of channel swimmers.

Dude. Fourteen pounds of bodyfat burned in under a day. That's 49,000 calories. How long does a channel swim take? About twelve hours at a little over two miles an hour?

That would *kill* me. Okay, probably not, but it would *suck* to try and bulk up for it.

~~..crosses one more extreme sport off the list of potential pastimes..~~

~~Polar trekking, also not a go.~~

Hah! See, Tasha? I'm not outside the range of normal human variation after all!

...I just do it all the time.



Three things!

1) Okay, O., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

Experimental Whole Wheat Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

13 comments



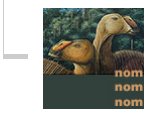
 [saoba](#)



March 17 2008, 00:48:52 UTC COLLAPSE

the range of normal human variation

Now, there's a phrase to conjure with, innit?



cvillette

March 17 2008, 02:50:10 UTC COLLAPSE

ennnnnnnnndless.

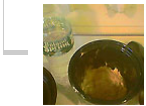


sprrwhwk

March 17 2008, 02:41:16 UTC COLLAPSE

...wait, how do one's television watching habits get broadcasted to one's friendslist? (And is this LiveJournal's friendslist or some other service's?)

Also, mmm, pizza. Dammit, now I'm hungry. I love good food, and I love eating, but there are some days I really wish I could recharge by plugging into a socket in the wall.



cvillette

March 17 2008, 02:49:52 UTC COLLAPSE

People blog about it. ;-)



sprrwhwk

March 17 2008, 04:16:33 UTC COLLAPSE

Oh, okay. So not some crazy new Web 2.0 thingy I haven't heard about. (Good, because I don't need more Web 2.0 sites to ignore. ;-)

dichroic

March 17 2008, 10:21:23 UTC COLLAPSE

That seems excessive. How was it measured? I've never heard of a sport that burns over 800 cal/hour; then again that's only a factor of exercise and you'd need to add in more for basal matabolic rate. Still, I wouldn't think the latter could be over a couple thousand for 12 hours.



cvillette


March 17 2008, 11:22:05 UTC COLLAPSE

I didn't hear if they said how long this particular guy's channel swim took (I had to get the pizza out of the oven, so I missed a few minutes) which is why I was guessing as to the time. Take it for what it's worth (I am not an exercise physiologist), but if the information in this possibly entirely unscientific TV show is accurate, he used up fourteen pounds of stored energy on his swim. A pound of stored fat is the equivalent of 3500 calories, or about a day's ration for an active adult male. (It's also about what you get in an M.R.E., coincidentally.)

I knew channel swimmers bulked up before they swam, but I always assumed it was for insulation and buoyancy. (I did at one point hear the narrator saying something to the effect of "burning as many calories in an hour as most of us do in a day.")

I'm going to have to go look it up now, and see if that's accurate.

Scientific accuracy, however, is not required when one is primarily interested in yanking one's friends' chains.

 [fidelioscabinet](#)

[March 17 2008, 16:06:48 UTC](#) [COLLAPSE](#)

IIRC, part of it is needed to keep the swimmer's body temperature up; the Channel is pretty cold, when you consider how long it takes to swim across, so hypothermia is an issue.




 [cvillette](#)

[March 18 2008, 02:26:18 UTC](#) [COLLAPSE](#)

That would be the "insulation" part. But apparently, it pays for the exertion, too. Who knew?



 [trollcatz](#)

[March 17 2008, 16:55:57 UTC](#) [COLLAPSE](#)

Depends on your friends, don't it? Some of us have a high geek content. *g*



 [Ometotchtli](#)

[March 18 2008, 03:24:32 UTC](#) [COLLAPSE](#)

Can you call it a sport? A sport is something you do on a regular basis.

Channel swimming is more like reading *War and Peace*. Once in a lifetime, man. If that.

 [dichroic](#)

[March 18 2008, 06:20:44 UTC](#) [COLLAPSE](#)

I bet the ratio of Channel time / training time is higher than the ratio of racing / training time for rowers. Yes, I'd call it a sport: they may only swim the Channel once, but they're in the water all the time training for it, and anyone who does a Channel swim is likely to do a lot of other distance swimming events, either feats or races.

 [rosamund](#)

[March 22 2008, 13:05:14 UTC](#) [COLLAPSE](#)

So does that mean I should take it up as a sport?

::has *War and Peace* as one of her comfort reads::

Yes, I know that's probably weird.

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